

Mayo Clinic Minute: Benefits and risks of corticosteroid shots

Video	Audio
	Joint pain can be debilitating. When it affects quality of life, a corticosteroid may be prescribed.
Raul Rosario Concepcion, M.D. Physical Medicine and Rehabilitation Mayo Clinic	"Corticosteroids are basically a strong anti-inflammatory medication."
	Dr. Raul Rosario Concepcion says they can decrease inflammation in joints and tendons, and help those with severe pain. For instance, ...
	"... patients that have developed osteoarthritis or degeneration of the joint may have some benefits after the use of corticosteroids."
	Corticosteroids won't fix the problem — only offer pain relief. And, they do come with risks.
	"The most common risk of a corticosteroid injection is basically infection and bleeding."
	And multiple injections in the same joint may lead to cartilage issues around the bone.
	"For that reason, we may want to limit the amount of corticosteroid injection we do in a single joint in order to avoid these complications."
	Injections may offer short-term pain relief and should be used together with a good rehabilitation program for longer results.
	For the Mayo Clinic News Network, I'm Jason Howland.